

SPOTLIGHT ON MEMBERS: INNER JOURNEY AND BEYOND

by Mohammad Sadigh, PhD

Mohammad Sadigh is director of psychology and psychophysiological services at The Gateway Institute, a center for pain and stress management, in Bethlehem, Pennsylvania. As a Professional Member, he has authored several research papers on the effects of Hemi-Sync®. In his "other life," Mohammad composes exquisite music, such as Inner Journey, Transformation, and The Visitation—all featured in the METAMUSIC® ARTIST Series. We asked him to describe his musical background and grant us some insights into his creative process.

I was literally born listening to music. Mother loved classical music, and I grew up listening to Chopin, Mozart, and the other great composers. But even at a young age there was a little problem which persists even today. Although I appreciate all types of music, I never had the desire to play someone else's work. There was always a drive to compose my own music. This caused a great deal of tension with my music teachers. So, as you can imagine, my formal musical background ended up being rather limited.

During my sophomore year at Moravian College, I discovered several "abandoned" synthesizers, (Moogs, Arps, and EMLs), in the music department and quickly began learning how to operate them. It took almost a year to complete my first twenty minute composition. However, I never intended to share my music with others. It was something very personal and private. Then, one night, a friend "discovered" my music. Suddenly I had a dozen inspiring fans. Thanks to them and Moravian's Department of Music, in a matter of months my compositions were being performed at electronic concerts. There was even a request to compose two sound tracks for psycho-educational films—a thoroughly enjoyable project!

It isn't easy to explain how I compose. At times a simple word is sufficient to put the creative forces in motion. In 1987, a thirty-minute piece resulted from a headline in the morning paper, "Scientists Discover Blue Galactic Arcs." Twenty hours of non stop work produced the "Galactic Arc." I almost collapsed afterward and ended up in bed for days. *Transformation* also required close to twenty hours of nonstop work. A dream was the catalyst for its three movements: The Mountain, the Secret Mantra, and No Boundary. But these were the exceptions. Work is frequently spread over several months. At times, I wish for an *H-PLUS*® tape with the Command Plus-Compose, Compose.

Every piece I've written has had a spiritual component. It's not just "pretty" or "entertaining" music. Its purpose is to touch something deep within the listener, because I believe in the depth and the mystery of humanity. My best efforts stimulate the generation and further

enhancement of the listener's own images—often resulting in the discovery of something new within. In that sense, it is truly interactive music. Finally, I've realized that "my music" is not mine at all—it flows through me rather than being generated by me.

In August 1989, on the last day of my *GATEWAY VOYAGE*®, Bob told me that the title of his upcoming book would be *Ultimate Journey*. Flying back to Bethlehem, I got the inspiration for a new project. It took almost three months to finish. Once again, I didn't intend to share it with anyone. Today, I'm glad that "something" changed my mind. The *Ultimate Journey* was submitted for consideration as *METAMUSIC*. A short while later, there was a warm phone call from Mark Certo on behalf of TMI. Mark said that they liked the piece, but they wanted to change the title to *Inner Journey*. There were no objections on my part. I have always believed that the ultimate journey begins with the inner journey.

A sixty-minute composition titled *The Journey Home* has recently been released. The first half of the tape is the conversation of a soul with God; the second half is the soul's journey to the dwelling place of God: Home. Someday I'd like to fulfill an old dream and do a live concert for a group of friends—maybe friends at The Monroe Institute?

[Dr. Sadigh did not mention that all proceeds from Inner Journey accrue to TMI, at his request.]

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